

with Multiple World Record Holder Karlyn Pipes-Neilsen

Monday June 13 4:30 to 7:30 p.m. NMCP Indoor Pool, Bldg. 252

Are you tired of working so hard to swim so SLOW? Wouldn't you rather...

Swim faster with less effort? Relax, find your balance and not sink? Effectively breathe in any condition? Become more comfortable in the water?

...then this clinic is just for

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used by Karlyn, top triathletes and Olympians.
- The teaching methods Karlyn uses are SIMPLE and easy to understand and apply.
- Training tips and recovery suggestions will also be provided.

Karlyn Pipes-Neilsen lives in Kona, Hawaii and is known worldwide for being an accomplished swimmer having set over 208 masters world records to date and swims a 49-minute, 2.4-mile swim (no wetsuit!). However, she is equally as talented as an instructor and uses her high energy to deliver a fun and fast-paced clinic woven with personal experience. The drills and techniques are simple, fun and make sense. For great articles on technique, training and motivation written by Karlyn, please visit www.aquaticedge.org.

COST: Active Duty - \$20 Retirees, Reservists & Eligible Family Members - \$40 DOD/Civilians - \$95

THE FIRST 20 PEOPLE TO REGISTER WILL BE ENTERED INTO A DRAWING TO WIN ONE OF TWO FREE REGISTRATIONS. (PREPAID REGISTRATION WILL BE REFUNDED.)

For space availability or questions contact, Jacqueline Stiffler at (757) 967-2500. For clinic questions, email Karlyn at aquaticedge@hawaii.rr.com

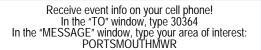
EXERCISE YOUR OPTIONS











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PORTSMOUTH FITNESS & SPORTS PRESENTS



MONDAY JUNE 13, 4:30 TO 7:30 P.M.

REGISTRATION FORM

Drop off or mail registration form to: NNSY Callaghan Fitness Center, bldg. 310, Portsmouth, VA 23709 (Attn: Jacqueline Stiffler)

First Name		Last				
Address		City		State	_Zip	
Phone: ()	_Email				
Emergency o	contact info:					
Age:	Level of swimming:	□ Beginner	□ Intermediate	□ Masters	□ Multi-sport	
Please ident	ify one goal for the clin	ic:				
Cost: - \$2	0 = \$40 = \$95 Total e	nclosed: \$	(MAKE CH	IECK PAYABLI	E TO <u>MWR FUND</u>	
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